

LAUGHTER IS
THE BEST MEDICINE

DOUG
DVORAK



Program Description

- What's your HQ? (Humor Quotient)
- Is it surprisingly low or non-existent?
- Are you laughing and living up to your humor potential?

This program is perfect for organizations that want to develop and exercise their "Funny Bones".



Who should attend?

Anyone who wants to add humor and laughter to their personal and professional life!

This workshop takes you through the creative process of humor and improvisation and teaches you to recognize the "Funny" in us all.



Program Goals

Recognize the importance and power of laughter and humor in life and work.

- ☑ Learn to create and honor your own unique sense of humor.
- ☑ Increase your comfort and confidence by using humor personally and professionally.
- ☑ Embrace a broader perspective of humor as a way to get support for all areas of your life.



Duration

- 45-60 Minute Keynote
- 2-4 Hour Breakout Session
- 6-8 Hour Full Day Training

This program can be customized for any event including:

- ☑ Breakfast / Lunch / Dinner
- ☑ Recognition Ceremonies
- ☑ Sales Meetings
- ☑ Management Conferences
- ☑ Corporate Retreats
- ☑ Special Events

